Tobacco Cessation Class

Disclaimer: This presentation is not intended to substitute for a tobacco cessation program or group run by a qualified professional. Contents viewed are the professional opinion of the author and should not be construed as official Department of the Army policy or doctrine

AFSC – On the Line

Schedule

- **Day 1:**
  - Introduction
  - The Fatal Effects of Nicotine and 2nd hand smoke
  - Smokeless tobacco
  - Addiction
  - Nicotine Replacement
- **Day 2**
  - The Challenges and Pitfalls of Quitting
  - Benefits of quitting
  - Behavior Modification
  - Quitting Strategies
- **Day 3**
  - Nicotine and Stress
  - Nicotine and Depression
  - The Need to Optimize Effective Dietary and Exercise Habits
  - Weight Gain and Tobacco Cessation
  - Zyban
- **Day 4**
  - Thought Modification
  - Life Enhancement/Benefits of Tobacco Cessation
  - Relapse Plan
  - Putting it all together
  - Summary

Why Do I need this class?!?

- ✓ Most studies show that such classes may double or more your chances of success
- ✓ Knowledge = power; classes will maximize your chances of success and help minimize relapse
- ✓ Studies of nicotine replacement therapy most successful when combined with classes
- ✓ First step in commitment and behavior modification

But, it relieves my stress and makes me feel better…

-Reality-

- Tobacco is a stimulant and actually increases stress on your body by:
  - increasing your blood pressure
  - constricting certain blood vessels in your body and even causing ‘vasospasm’
  - increases metabolism
  - decreasing hunger
  - Sympathetic system (fight or flight) stimulated

Facts:

- **Smoking kills over 400,000 Americans each year (1 out of 5 deaths)**
- **Tobacco Use is the** MOST PREVENTABLE CAUSE **of premature death in the U.S.**

Addiction and Dependence

- Most smokers want to stop
- Multidimensional and multidisciplinary therapy most effective
- Factors
  - Habit and perceptions
  - Social influences
  - Tolerance
  - Withdrawal
  - Denial

Tobacco Addiction is insidious

- ✓ Social aspects - once very acceptable
- ✓ Allure is now waning (considered “cool” - still allure for the ‘rebellious’)
- ✓ Daily habit is hard to break - everywhere!!
- ✓ Easy to relapse, hard to maintain abstinence
- ✓ Short term effects (alertness), “pleasure” easily noted, long term benefits of quitting more elusive; discipline is HARD!

TOBACCO ADDICTION IS CONSIDERED BY SOME TO BE WORSE THAN ALCOHOL ADDICTION!

Other Aspects of Addiction

- ✓ Behavior modification
- ✓ Physical addiction
- ✓ Psychosocial aspects
- ✓ Denial
- ✓ Attitude
- ✓ Education

Facts: Cigarette Smoking

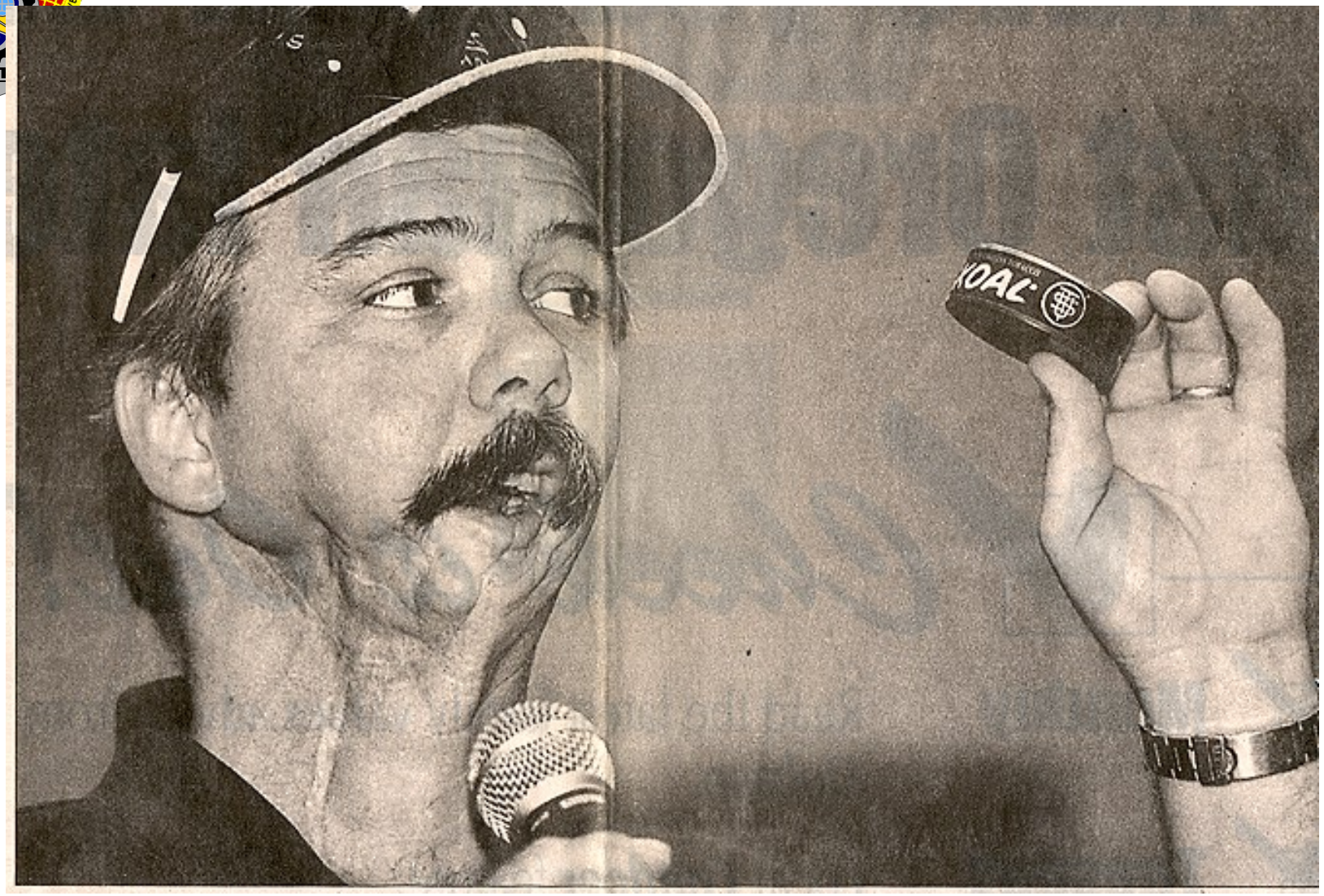
- Historically accepted and marketed
- Cigarettes contain over 4000 compounds with 43 known carcinogens (carbon monoxide…)
- 1 cigarette smoked = 11 minutes life-lost
  - Average smoker dies 7 years earlier
- Death from severe lung disease 10 times higher
- 2-17+ times greater risk of developing cancer

Nicotine and Heart Disease

- ✓ Tobacco use is a major risk factor for stroke and heart attack
- ✓ Heart disease is the leading cause of death in the USA
- ✓ 70 % higher risk of heart disease in tobacco users and 2-6 X risk of sudden death

Cancers Associated with Tobacco Use

- ✓ Lung (even more with asbestos exp.)
- ✓ Breast and cervical
- ✓ Oral
- ✓ Esophageal (worse with alcohol use)
- ✓ Pancreas and stomach
- ✓ Bladder
- ✓ Prostate (2.5 X risk)
- ✓ ETC……


KOAL

SMOKING INCREASES YOUR RISK OF LUNG CANCER, HEART DISEASE, RESPIRATORY ILLNESS, AND IMPOTENCE.
IMPOTENCE?

Other tobacco related diseases

- ✓ IMPOTENCE!
- ✓ **High blood pressure (AAA, MI, Stroke)**
- ✓ **Berger's disease**
- ✓ **Birth defects, lower IQ**
- ✓ **Asthma, COPD, RAD, Bronchitis etc…**
- ✓ **Decreased immune status/increased illness**
- ✓ **Gum and dental disease, loss smell/taste**
- ✓ **Ulcers and increased stomach acid**
- ✓ **More accident prone, longer recovery**

More Tobacco Facts

- 2nd Hand smoke causes an estimated 3000 deaths from lung cancer and untold deaths from heart disease, each year
- 1/2 of all smokers die prematurely due to tobacco related disease
- Cigars are just as dangerous even if not inhaled - nicotine DOSAGE is most important and other toxins are still absorbed

Smokeless Tobacco (chew, snuff, etc.)

- ✓ NOT **a safe "alternative" to smoking!**
- ✓ ALL **tobacco products contain chemicals and carcinogens that are dangerous**
- ✓ **Nicotine in this form is just as dangerous for your heart and other organs(i.e. cancer)**
- ✓ **1 can dip = 3 packs of cigarettes = 90 - 150 mg of nicotine**

Nicotine Replacement

- 1 pack of cigarettes = 20 - 50 mg nicotine
  - 1 cigarette = 1 - 3 mg
- Patches at 7 mg, 14 mg, and 21 mg (adjunct)
  - Works to minimize cravings/withdrawal and taper dosage
  - Works best with behavior modification/education classes
  - Can cause local irritation
  - Typical dosing:
    - Week 1 & 2 -- 21 mg
    - Week 3 & 4 -- 14 mg
    - Week 5 & 6 -- 7 mg

The Patch

- ✓ **Place new patch each day to relatively hairless part of skin, between neck and waist**
- ✓ **Limit alcohol, caffeine, high fat diets and anything else that may increase cravings**
- ✓ **Start at lower dosage if less than 100 pounds or smoking less than 10 cigarettes/day**
- ✓ **AVOID all other tobacco products while on patch or gum (may overdose)**
- ✓ **Avoid patch use before strenuous exercise**
- ✓ **Beware of safe disposal (pets and kids may get!)**

Nicotine Replacement (cont.)

- **Nicotine Gum (resin)**
  - **Each piece = 2 mg nicotine**
  - **Do NOT CHEW (bite and absorb)**
  - **Can be ADDICTING also**
  - **Spiking nicotine dosage**
  - **May use as adjunct to patch (breakthrough cravings)**
  - **Do not swallow!**
  - **Avoid with other tobacco products**

Side Effects of Nicotine Replacement

- ✓ Burning sensation
- ✓ Vivid dreams
- ✓ Light headedness, loose stool, decreased sleep, headache,
- ✓ Indigestion

So what can can I do?

You need to:

- ✓ Have a true desire to quit
- ✓ Have a plan
- ✓ Let friends and family know and get them involved
- ✓ Look at habits and places you frequent (triggers)
- ✓ Have a good attitude (learn from failures)
- ✓ Integrate good diet and exercise habits

Other resources:

- Oregon Tobacco quit line:
  - 1-877-270-STOP(7867)
- Tobacco Free Coalition of Oregon:
  - 503-238-7706
- Oregon Mint Snuff:
  - 1-800-EAT-MINT(328-6468)

Addiction Prayer and quote

- ✓ **“God grant me the serenity to accept the things I cannot change, the courage to change those things I can, and the wisdom to know the difference.” Alcoholics Anonymous addiction prayer.**

- ✓ **“I have not failed 10,000 times but have successfully found 10,000 ways that do not work.” -Thomas Edison**

CORPORAL, YOU HAVE THE RIGHT TO REMAIN SILENT...
UH-OH... WAS HE CAUGHT SPYING?
BASE HQ
SMOKING.
PSYCHOLOGICAL
BROOKINS

Day 2 Agenda

- ✓ The Challenges and Pitfalls of Quitting
- ✓ Benefits of quitting
- ✓ Behavior Modification/Exercise
- ✓ Quitting Strategies

Initially, smoking cessation FEELS worse…

- Lung capacity and healing begin
- cilia (part of lung that moves foreign particles out) regain function:
  - Cough is increased
  - sputum production initially worsens

Obstacles of quitting tobacco

- 2-3 days: Major withdrawal symptoms noted:
  - sleep difficulties
  - irritability
  - poor concentration
- 2-3 weeks: Physical and emotional fatigue, boredom, sadness, loneliness
- 2-3 months: Overconfidence (just one will be OK…)

Common excuses

- ✓ **"I'll gain weight!"**
  - **Yes, but can be limited with exercise and diet**
- ✓ **"I'm too old to quit!"**
  - **Never too old or too late to get benefits**
- ✓ **"I'm afraid of withdrawal."**
  - **Symptoms will last only 1-4 weeks, benefits are lifelong**
  - **Withdrawal can be managed with nicotine replacement etc.**

Common triggers

- ✓ Alcohol
- ✓ anger/frustration
- ✓ boredom
- ✓ coffee
- ✓ party/social influences
- ✓ driving

Symptoms and Solutions

SYMPTOMS	SOLUTIONS
✓ Cough	✓ Sip warm drinks ✓ Cough suppressants
✓ Depression/Fatigue	✓ Exercise daily/good sleep ✓ Get family/social support
✓ Hunger	✓ Stock low calorie snacks ✓ Drink 6-8 glasses water/day ✓ chew sugarless gum
✓ Sleep difficulties	✓ Warm shower before bed ✓ Avoid late alcohol/caffeine

Benefits of Tobacco Cessation

- ✓ 20 minutes: Blood pressure and pulse normalize
- ✓ 8 hours: oxygen level normalizes
  - ➢ Heart attack risk decreases
- ✓ 48 hours: taste and smell improves
- ✓ 48-72 hours: nicotine leaves system
- ✓ 72 hours: lung capacity improves
- ✓ 2-5 years: heart disease risk is dramatically decreased, possibly to non-smoker levels
- ✓ 5-10 years: lung cancer risk halved (10 –15 years may approach rate of never smokers)

Coping strategies

- ✓ Increase exercise and other activities
- ✓ Identify and avoid “triggers”
- ✓ Journal writing, self-revelation
- ✓ Internal imagery and perception modification
- ✓ Take one day at a time
- ✓ Deep breathing and meditation

The benefits of effective exercise

- ✓ Increases metabolism and energy level
- ✓ Stress relief
- ✓ Improves blood pressure, weight, cholesterol
- ✓ Positive self-image developed
- ✓ Effective anti-depressant

Exercise Plan

- Start slowly and gradually increase (Get doctor's advice!)
- Warm up for 5-10 minutes and stretch! Cool down for 10 - 15 minutes
- Goal: 3-5 times/week for 20 - 40 minutes
- MODERATE exercise is FINE!
- Target pulse = 60-80% of target heart rate
  - Target heart rate = (220 - age)
- Do something you <u>enjoy</u>, work out with others

Other Strategies

- ✓ Cold turkey vs. gradual tapering
- ✓ Wait extra 5 minutes before each smoke/chew
- ✓ Use tobacco every other hour or day, then taper down further
- ✓ Lower nicotine brand
- ✓ Limit where you can smoke
- ✓ Set a date to quit and stick with it (include spouse if possible)
- ✓ Be forgiving to yourself and reward progress

Other Strategies

- ✓ Brush teeth after every meal!
- ✓ Spend more time with non-smokers
- ✓ Stay active
- ✓ Drink more juice and water
- ✓ Keep hands busy with other activities like puzzles, projects etc…

Other Strategies

- List reasons to quit
  - For family
  - Self challenge
  - To improve health/hobbies/life
  - MONEY!
- Make and sign contract
  - Who can you turn to for support
- Sit in smoke free areas

Other Strategies

- Decrease stress
  - better time management
  - make time for rest and relaxation
- Don’t make excuses
  - remember ONE cigarette or dip CAN hurt you
  - tobacco is NOT a good reward
  - SOONER you quit is better
- TAKE ONE DAY AT A TIME!!!

Daily quote

“To improve your way of living, you need to inconvenience yourself for awhile.” **Edward Fisher**

Day 3 Agenda

- ✓ Nicotine and Stress
- ✓ Dietary Habits and Weight Management
- ✓ Nicotine and Depression
- ✓ The major facts about Zyban™

Stress facts

- ✓ **Stress needs to be managed or it may increase your risk of heart disease or stroke**
- ✓ **Nicotine reproduces the stress response**
- ✓ **Stress and nicotine increases responsiveness but decreases body's self healing and immune response**
- ✓ **Nicotine cessation may decrease overall stress to body and mind by 50%!**

Tobacco Cessation and Stress

- Nicotine is NOT an effective means to cope
- Time management and priorities
- Other relaxation techniques:
  - Deep breathing/meditation/yoga
  - Exercise
  - Music
  - Professional and social support
- Look at stress and your perceptions

More Stress Management

- Exercise
  - Write down plan and execute
  - Look for variety and enjoyment value
  - Join club or sports team
- Plan ahead (arrive 15 minutes earlier…) and don’t procrastinate
- Simplify life and plan times to relax
- Make priority list and cross off top numbers
- Be flexible

Healthy Diet basics

- Be realistic!
- Eat at least 3 meals a day(hunger may trigger a relapse)
- Low fat, high fiber benefits
  - Decreased cancer risks
  - Essential vitamins
  - Improved heart risks
- Fresh vegetables always best

Cholesterol Basics

- See your physician! (or dietician)
- Bad cholesterol
  - LDL (Goal < 130)
  - Triglycerides (Goal < 200)
  - Total cholesterol (Goal <200)
  - Goals are stricter with more risk factors!
- Good cholesterol
  - HDL (Goal > 35)

Benefits of Diet Balancing

- ✓ “Feel good” amino acids (L-phenylalanine, L-tryptophan, L-glutamine) available
- ✓ Variety makes meals interesting
- ✓ Decreasing serving size will limit excess calories and fat stored
- ✓ Healthy snacks will satisfy without ruining diet (I.e. granola bars, bananas…)

Dietary Tips

- ✓ **Stick to the basics**
- ✓ **More advanced dieting involves tracking calories.**
  - ➢ **Fats should be limited to less than 30% total cals.**
  - ➢ **Limit 2-3 gms fat per 100 calorie serving (40-50/d)**
  - ➢ **polyunsaturated fats are best**
- ✓ **Beware of seemingly healthy foods: peanut butter, avocados, sweat breads**
- ✓ **Food journal**

More Dietary Tips

- ✓ Decrease alcohol use and food portions
- ✓ Use 1% instead of 2% milk
- ✓ Avoid “cheating” by including extra calories into overall count
- ✓ Moderation is important, but be realistic
- ✓ Avoid late night snacks
- ✓ The Mediterranean diet
- ✓ Consider other diets (Adkins, L.A. Weight Loss, South Beach), but consult with your physician first!

Nicotine and Depression

- ✓ **S-Suicide**
- ✓ **I-Interests, Hobbies**
- ✓ **G-Guilt or hopelessness**
- ✓ **E-decreased ENERGY**
- ✓ **C-Concentration (lack of)**
- ✓ **A-Appetite(abnormal)**
- ✓ **P-Psychomotor agitation**
- ✓ **S-Sleep(abnormal)**

(warning signs)

****Any thoughts of suicide or a combination of 2 or more of these signs present indicate an immediate need to consult with your health professional****

Zyban™

- Anti-depressant medication (other name is Wellbutrin or buproprion)
- Exact mechanism unknown
- Used to minimize withdrawal symptoms
- Success also linked to zyban™ use <u>combined</u> with Stop Smoking classes/groups/counseling

Zyban™ (contd)

- Don’t take if:
  - Already taking an anti-depressant (unless cleared by physician)
  - seizure history
  - history of bulemia, anorexia
  - diabetic on insulin
- Side effects: insomnia, dry mouth, tremors, psychosis(dreams), rash, stomach upset
- Expensive

Zyban™ (contd)

- Dosage: start 150 mg a day for 3 days then increase to twice daily
- Takes 1 week to obtain steady blood levels
- Target quit date within 2 weeks
- May combine with patch
- Avoid alcohol
- Maximum use: 12 weeks
- Wonder drug?

Thought of the day

"We are what we repeatedly do."

★Aristotle

Day 4 Agenda

- ✓ Putting it all together
  - ➢ Thought modification
  - ➢ Relapse Plan
- ✓ Summary

Putting it all together

- Life Values
  - What is truly important to me?
  - What is life with and without nicotine?
  - How does nicotine fit into my life goals?
- Multidimensional plan (address all issues and write it down!)
- Get help from anywhere and anyone
- Create individual timeline

More general goals

- Healthy and positive lifestyle/self image
  - Replace bad with good habits
- Nicotine = artificial or worse hypertension
  - Patho-physiology of a heart attack and stroke
- Desire to be free of addiction
- Is nicotine replacement for me?
- Who can support me?
- ONE DAY AT A TIME…

Relapse Plan

- Be specific and write it down
  - Who do I call or talk to?
  - Balance self-criticism with forgiveness
  - Turn negative perceptions into positive ones
- Reward self in other ways
- Renew resolve and remind self of accomplishments and hard work

Relapse Plan

- ✓ Work harder to deal with triggers
- ✓ Make an appointment with your health professional!
- ✓ Be willing to make mistakes but LEARN from them (Effective risk taking)
- ✓ Change your surroundings if necessary!

Final thought

"Habit is either the best of servants or the worst of masters"

- **Nathaniel Emmons**

Summary

- ✓ Remember your active participation in group sessions and what you learned
- ✓ You have accomplished much just by participating here , so…
- ✓ CONGRATULATIONS! However, the hard part has only begun!

Summary

- ✓ **Share your learning with another person - helping others may help you too!**
- ✓ **Thank you for your participation - you have taken an essential <u>FIRST STEP</u> to a healthier life!**